BIOS Update Instructions for Intel® Compute Stick

This readme file includes BIOS update instructions for advanced users. If you need more complete step-by-step instructions on how to use each of these BIOS update methods, refer to **Compute Stick BIOS Update Instructions**.

The following methods are available to update an Intel® Compute Stick BIOS to the latest version. You only need to use one.

- F7 BIOS Flash Update
- Power Button Menu BIOS Update
- BIOS Recovery Update

Important Notes:

- Once the update process has started, **DO NOT POWER DOWN YOUR SYSTEM** before the update is complete. The update process will take up to 3 minutes.
- Downgrading the BIOS to an earlier version isn't recommended and might not be supported. An earlier BIOS version might not offer support for the latest processors, bug fixes, critical security updates, or support the latest board revisions currently being manufactured. **If you're trying to downgrade to a previous BIOS version and its Intel® ME Firmware version is older than that currently on the motherboard, then the downgrade is NOT supported.**
- If a BIOS update process is interrupted, your computer may not function properly. We recommend the process be done in an environment with a steady power supply (preferably with UPS).
- Before you start, record all BIOS settings that have been changed from default, so they can be restored after completing the BIOS update.

F7 BIOS Update Instructions

The F7 BIOS update option allows you to update the system BIOS during the boot process and before the operating system loads.

1. Download and save the Recovery BIOS (.BIO) file to a USB flash drive.
2. Plug the USB flash drive into a USB port of the target Intel Compute Stick.
3. Turn on (or restart) the Intel Compute Stick.
4. During boot, when the F7 prompt is displayed, press F7 to enter the BIOS Flash Update screen.
5. Select the USB device and press Enter.
6. Select the .BIO file and press Enter.
7. Confirm you want to update the BIOS by pressing Enter.
8. Wait 2-5 minutes for the update to complete.
9. Remove the USB flash drive.
10. Restart the computer.

Power Button Menu BIOS Update Instructions

The Power Button Menu Update allows you to update the system BIOS during the boot process and before the operating system loads.

1. Download and save the Recovery BIOS (.BIO) file to a USB flash drive.
2. Plug the USB device into a USB port of the Intel Compute Stick when it's turned off (not in Hibernate or Sleep mode).
3. Press and hold down the power button for three seconds, then release it before the 4 -second shutdown override.
4. The Power Button Menu displays. Press F7 to start a BIOS update.
5. Wait 2-5 minutes for the update to complete.
6. The computer either turns off when the recovery process is completed, or it prompts you to turn it off.
7. Remove the USB flash drive.
8. Restart the computer.

BIOS Recovery Update Instructions

In the unlikely event that a BIOS update is interrupted, it's possible the BIOS might be left in an unusable state. Performing a BIOS Recovery can resolve this problem.

1. Download and save the Recovery BIOS (.BIO) file to a USB flash drive.
2. Plug the USB device into a USB port of the Intel Compute Stick when it's turned off (not in Hibernate or Sleep mode).
3. Press and hold down the power button for three seconds, then release it before the 4 -second shutdown override.
4. The Power Button Menu displays. Press F4 to start a BIOS Recovery.
5. Wait 2-5 minutes for the update to complete.
6. The computer will either turn off when the recovery process is completed or it will prompt you to turn off the computer.
7. Remove the USB flash drive.
8. Restart the computer.

Creating a Bootable USB Flash Drive
Refer to any of the following websites for tips on creating bootable USB devices. Intel is unable to assist with the creation of bootable devices.

- [How to Boot from a USB Flash Drive](#)
- [Boot from USB Flash Drive](#)

You can also search for additional resources on the web for creating bootable USB devices. Search on "How to create bootable USB drives".